

**St. Anthony Park Area Seniors (651-642-9052) [www.sapaseniors.org](http://www.sapaseniors.org)**  
**JUNE 2019**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	New policy as of 1/29/2019: If St. Paul Public Schools are cancelled due to inclement weather, SAPAS exercise and yoga classes will also be cancelled.	Other SAPAS activities may be cancelled due to inclement weather. Please call the office.				<b>1</b> SAP Art Fair
<b>2</b>	<b>3</b> L. exercise class	<b>4</b> NO lib. exercise class;	<b>5</b> LC exercise class; Blood pressure;	<b>6</b> L. exercise class; Caregiver & Bereavement Support Groups	<b>7</b> Chair Yoga	<b>8</b>
<b>9</b>	<b>10</b> L. Exercise class	<b>11</b> Lib. exercise class; Seal Blood pressure	<b>12</b> LC exercise class; Blood pressure	<b>13</b> L. exercise class; Movie	<b>14</b> Game Day; Chair Yoga	<b>15</b>
<b>16</b>	<b>17</b> L. exercise class	<b>18</b> Lib. exercise class; Outing	<b>19</b> LC exercise class; Blood pressure	<b>20</b> L. exercise class;	<b>21</b> Chair Yoga; Game Day	<b>22</b>
<b>23/30</b> Sippin' Suds!	<b>24</b> L. exercise class	<b>25</b> Lib. exercise class	<b>26</b> LC exercise class; Blood pressure	<b>27</b> L. exercise class; Breakfast for Caregivers and Care Recipients	<b>28</b> Chair Yoga	<b>29</b>

Blood pressure (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)

Breakfast for Caregivers and Care Recipients: 10 AM-noon at Centennial United Methodist (2200 Hillside) **RSVP** 651-642-9052 by June 20, 2019

Card-making:

Caregiver & Bereavement Support Groups: 10-11:30 AM at SAP United Church of Christ (2129 Commonwealth Ave.)

Chair yoga (no charge): 2:30-3:30 PM held at St Anthony Park Library (2245 Como Ave.)

Game Day (no charge): 10-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)

L Exercise class (no charge): 2-3PM, held at Lauderdale City Hall (1891 Walnut Street)

LC Exercise class (no charge): 10:30-11:30 AM held at Centennial United Methodist Church (2200 Hillside Ave.)

Lib Exercise class (no charge): 2:30-3:30 PM held at St Anthony Park Library (2245 Como Ave., lower level)

Movie Day: *On the Basis of Sex*, 2:00 PM, held at St Anthony Park Library (2245 Como Ave., lower level)

Older Adult Resource Series (OARS):

Outing: Lunch at Pad Thai (1681 Grand Ave.) at 11 AM. Please call the SAPAS office at 651-642-9052 to sign up by June 11.

Seal blood pressure: 3-3:45 PM, held at Seal Hi-Rise (825 Seal St.)

Sippin' Suds for SAPAS fundraising from 4-7 PM at the Urban Growler (2325 Endicott St.). Call office to purchase tickets 651-642-9052.

*SAPAS does not charge for any of our activities or events. However, sponsoring these activities and events is not cost-free, so twice a year we send a letter to participants asking for a financial contribution to help offset our costs. We encourage you to participate whether or not you make a financial contribution.*